



DEPARTMENT OF THE INTERIOR INFORMATION SERVICE

FISH AND WILDLIFE SERVICE

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FRESH HALIBUT NOW ADDS VARIETY TO THE HOUSEWIFE'S MENU

Fine catches of fresh halibut from Alaska are now coming on the market in good abundance since the halibut fleet began its annual harvest in North Pacific waters on May 1, reports the Fish and Wildlife Service.

With the welcome addition of this table delicacy to the food supply of the country, the housewife can supply variety to her menus now and during the summer months. Considered to be one of the finest food fishes, the halibut is a lean fish with white, flaky meat. It is usually sold at retail in the form of steaks, and is marketed widely throughout the country.

This giant flounder of northern waters is a slow growing species, especially subject to depletion. In general it reaches commercial size at 5 years, matures at 12, and under favorable conditions may perhaps live for half a century. In American Pacific waters the female halibut, which is larger than the male, may reach a weight of 150 to 200 pounds.

Home economists of the Fish and Wildlife Service offer the following kitchen-tested halibut receipes:

Broiled Halibut Steaks

- 2 pounds halibut steaks
- 1 teaspoon salt
- 1/8 teaspoon pepper
- 4 tablespoons butter or other fat, melted

Sprinkle both sides of steaks with salt and pepper. Place fish on a preheated greased broiler pan about 2 inches from the heat. Brush with melted fat. Broil for 5 to 8 minutes or until slightly brown. Baste with melted fat and turn carefully. Brush other side with melted fat and cook 5 to 8 minutes or until fish flakes easily when tested with a fork. Remove carefully to a hot platter, garnish, and serve immediately, plain or with a sauce. Serves 6.

Baked Halibut Steaks

- 2 pounds halibut steaks
- 1 teaspoon salt
- 1/8 teaspoon pepper
- 2 tablespoons lemon juice
- 1 teaspoon onion, grated
- 4 tablespoons butter or other fat, melted
- Paprika

Sprinkle both sides of steaks with salt and pepper. Add the lemon juice and onion to the melted fat. Dip each piece of fish into this mixture, and place in a greased baking pan. Pour the rest of the fat over the steaks. Bake in a moderate oven 350° F for 25 to 30 minutes or until fish flakes easily when tested with a fork. Sprinkle with paprika. Serve immediately on a hot platter. Serves 6.

Baked Stuffed Halibut Steaks

- 2 halibut steaks, about 1 pound each
- 1 teaspoon salt
- 1/8 teaspoon pepper
- Bread Stuffing
- 4 tablespoons butter or other fat melted
- 3 slices bacon (optional)

Sprinkle both sides of steaks with salt and pepper. Place one steak in a well greased baking pan. Place stuffing on the fish and cover with remaining steak. Fasten together with toothpicks or skewers. Brush top with melted fat and lay slices of bacon on top. Bake in a moderate oven 350° F for 30 to 40 minutes or until fish flakes easily when tested with a fork. Remove carefully to a hot platter, take out fasteners, garnish and serve hot with a sauce. Serves 6.

Bread Stuffing

- 2 tablespoons onions, chopped
- 1/2 cup celery, chopped
- 3 tablespoons butter or other fat, melted
- 1 teaspoon salt
- Dash pepper
- 1/2 teaspoon thyme, sage or savory seasonings
- 4 cups day-old bread crumbs

Cook the celery and onions in the melted fat for about 10 minutes, or until tender. Add the cooked vegetables and seasonings to the bread crumbs, and mix thoroughly. If dressing seems very dry, add 2 tablespoons water, milk, or fish stock to moisten.

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